

### **Abstract**

Methods and apparatus for providing an adjustable balancing force are provided. This mechanism can be used as a lifting force, a counter balancing mechanism or as a horizontal or other force mechanism. A stand in accordance with an exemplary embodiment of the present invention comprises a first component that is slidingly coupled to a second component. A spring mechanism provides a balancing force between the first component and the second component. In some advantageous embodiments of the present invention, the magnitude of the balancing force is substantially equal to a first load. In some advantageous embodiments, a friction force is provided for resisting relative movement between the first component and the second component.

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